



Date: _____ Field: _____ # Players: _____ Coaches: _____

START · MIN	BLOCK	YOUR PLAN
0:00 · 20	Warm-up Jog, stretch, throwing progression short to long	
0:20 · 40	Station rounds 3 rounds, rotate on the whistle; 2 water breaks	Groups: A _____ B _____ C _____
1:00 · 10	Team situations Whole team in the field, coach hits	
1:10 · 15	Finishing game End on something with a score	
1:25 · 5	Wrap-up One thing that went well, one to work on	

STATION 1 · INFIELD

1B, 2B, SS, 3B · grounders, feeds, tags

STATION 2 · OUTFIELD

LF, CF, RF (LCF, RCF with 10) · fly balls, angles, throws to the cutoff

STATION 3 · BULLPEN / CIRCLE

Pitcher to catcher, mound or circle · pitchers on rest skip this station

SITUATIONS TO RUN (PICK 2–3)

- | | |
|--|---|
| ☐ Cutoffs & relays | ☐ Rundowns |
| ☐ Bunt defense | ☐ Pop-up priority |
| ☐ First and third | ☐ Backing up bases |
| ☐ Double play feeds | |

FINISHING GAME (PICK ONE)

- | | |
|--|---|
| ☐ 6 vs 6 scrimmage | ☐ 21 clean outs |
| ☐ Two-pitch game | ☐ Rundown tournament |
| ☐ Live BP, full defense | ☐ Relay race, infield |
| ☐ Arena baseball | ☐ Relay race, outfield |

ADJUST FOR AGE

AGE	STATION	BULLPEN PITCHES PER ARM practice throwing	THROWING WARM-UP
8U	5–8 min	10	10 ft out to 20
10U	6–9 min	12	15 ft out to 30
11–12	7–10 min	15	20 ft out to 40, long toss
13–14	8–12 min	20	20 ft out to 60, long toss
15–18	10–14 min	25	Long toss to 90 ft

8U coach-pitch: skip the bullpen; add hitting or baserunning. Softball: every station runs the same; pitchers work from the circle.

NOTES · WHO TO WATCH

**Plan practice
in a minute.**

Even Innings builds
this plan for you.

Times worked out from your roster size and practice length.
Drills from the Practice Guide, with set-ups and tips.
One page to hand an assistant coach: stations and times.



Build yours at
eveninnings.com
On your phone.
Nothing to install.